

Crossroads



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Lajes Field, Azores, Portugal | Lajes in the Fight!

New year a good time to make, keep resolutions

By Capt. Shilo Weir
Chief, Public Affairs

I will lose ten pounds. I will get organized this year. I will save enough money to go on a cruise.

With the turn of each New Year, it is common practice for people to pick goals and set New Year's resolutions. All too often, it is also common that those resolutions are forgotten by March.

There are, however, simple things you can do to stay motivated and bring successful resolutions that much closer.

Setting a realistic goal, financial or otherwise, and mapping out a plan to get there go hand in hand.

"A financial plan without a goal tied to it is a piece of paper with writing on it," said Mary Long, Airmen and Family Readiness Flight Chief. "Having a goal will keep you focused on why you are doing what you are doing and the sacrifice is easier if there is a reward at the end."

It is also important to write down your plans and goals and share them with the people around you, according to Ms. Long.

"If you doubt this, ask yourself how successful last year's secret New Year's resolution was," she said. "If we don't share our goal, we do not have anyone to help keep us focused on that goal."

These principles are applicable to any resolutions, not just financial, as echoed by the Health and Wellness Center staff.

"One of the most common pitfalls (I

see) surrounding nutrition and overall wellness is that my clients have set unrealistic goals based on what they read or view in some of the fitness magazines on the market today," said Master Sgt. Shane Warye, HAWC Nutrition Program Manager. "To drastically change your workout and daily meal plans to such a strict lifestyle is only setting you up to fail."

"Realistic nutrition goals are those that are specific, measurable and attainable," said Sergeant Warye. "If those three tenets are not clearly identified, then success is very difficult to see and after a few weeks the New Year's Resolution falls to the wayside."

No matter the resolution – getting fit, quitting smoking or saving for a new car – the goal must be realistic to achieve it.

One of the advantages of being a part of a military community, when it comes to setting and achieving these resolutions, is that we are not alone. Throughout the community there are helping organizations that specialize in offering advice, classes and support for these endeavors - free of charge.

The Chace Fitness Center, for example, offers a world-class facility and numerous classes – from aerobics to spin to yoga – that will help with fitness improvement goals. Setting goals and developing a plan is also easier with the help of local agencies. Collocated at the fitness center, the Health and Wellness Center offers classes, like the Body Composition Improvement Program, to help people

set goals and adjust their exercise and/or nutrition programs.

"If a classroom environment isn't conducive," said Sergeant Warye, "we also offer one-on-one individual dietary counseling sessions."

The A&FRC can help with setting and achieving financially-focused resolutions and will be promoting financial readiness with a number of events throughout the year.

The Center is currently hosting a series on personal finances. Upcoming classes include: Basic Investments, 9 a.m. to noon, Jan. 15; Home Buying, 3 to 5 p.m., Jan. 15; Living within Your Means, 1 to 4 p.m., Jan. 24 and Bundles for Babies (expecting parents only) on 1 to 5 p.m., Jan. 29.

Whether you are setting out to improve yourself - body, mind or spirit - pave your way to success by setting realistic goals, writing them down, sharing them with the people around you and taking advantage of the skills and expertise available throughout the community.

Helping Agencies

Health and Wellness Center
535-3889

Airman & Family Readiness Center
535-4188

Chace Fitness Center
535-5151

Your turn: Team Lajes members share the New Year's Resolutions they've made



Name:
Master Sgt.
Richard
Barnett, Jr.
Unit: 65th Air
Base Wing
What is

your New Year's Resolution?
"To improve my 8-mile running time by 4 minutes."
Why? To beat my wife in an 8-mile race in August.



Name: Barb
Langmaid
Unit: 65th Air
Base Wing
What is
your New
Year's

Resolution? To write more letters
Why? Grandmother doesn't have e-mail, friends like getting 'real' mail; brightens their day



Name:
Elisabete
Ormonde
Unit: AAFES
What is your
New Year's
Resolution?

"Spend more time with my family, kids."
Why? "They are important to me and they grow up so fast."



Name: Airman
1st Class
Kristina Kochne
Unit: 65th
Medical
Operations
Squadron

What is your New Year's Resolution? "To get my CDCs done and complete my CCAF."
Why? To advance my education for military and civilian life."



CC: Message for New Year

By Col. JL Briggs

65th Air Base Wing Commander

Team Lajes - Welcome to 2008 and the start of an exciting year. 2007 was very successful for our Airmen, civilians, families, and host nation. The highlight for the 65th Air Base Wing was the EXCELLENT on the first-ever Operational Readiness Inspection. Additionally, the 65th ABW and tenant organizations won several unit and individual MAJCOM and Air Force-level awards. Our families and friends have benefited from several quality-of-life improvements including renovated housing, a world-class fitness center, and a new shopette, just to name a few.

Operationally, we are always looking to more effectively and efficiently serve our customers moving iron to and from the fight, maintaining global communications, providing trained and ready expeditionary Airmen, and promoting solid bilateral relations with our Portuguese partners. We are also pursuing the potential to provide truly unique airspace training opportunities, an enhanced role in support to Africa through the new Sub-Unified Command, AFRICOM, and other missions ensuring regional security and law enforcement. It truly is a great time to be a part of a great total team.

As we continue our big picture focus, I can't help but think about smaller scale areas we can all examine that are critical to our success as military members, families, and as individuals. Over the next few months, our leaders and supervisors will focus on three areas: Personal Fitness, Financial Fitness and a Culture of Responsible Choices. These are high impact areas with the potential for lasting improvement to our health, welfare, and mission effectiveness.

The holidays and winter months can make staying fit harder to do. Now that the holidays (and the normal eating frenzy) are behind us, it's time to set a healthy outlook for the future. First, set some reasonable goals. As an example, my PT test is in February so I'm using that as a goal and I've asked the HAWC to help me safely and effectively set up a program to help me meet that goal. Your goal may be different but setting a realistic goal is key to achieving success. Bottomline: Get to the fitness center because anything is better than nothing.

As we start a new year, our financial fitness is also very important. We've enjoyed the break and probably spent money on presents, trips, and celebrating. Now is the perfect time to assess where you are and devise a plan to get where you need to go. Unfortunately, debt is a huge

problem in our society today. If you are not smart about how money works, the lure of credit cards to satisfy an immediate "need" only postpones the trouble of payment. The Airmen and Family Readiness Center is going to help. They are offering education on how money works and what you can do to make it work for you. Money is a leading cause of marital and individual stress and is often the root cause to performance and behavior issues that get folks in trouble at work. Look for more information from your commanders and the base support agencies.

Finally, by now if you have not heard about my "80 percent" plan, come see me. I'll give you and everyone within earshot my philosophy about making good choices. I strongly believe good choices are the key to it all. When you make good choices, you set yourself up for success. Yep, bad stuff happens. The way to give yourself, your family and friends, and your Air Force the best chance of success is to choose wisely. Here at Lajes Field, we are using a concept called the Culture of Responsible Choices. CoRC is not just about drinking and driving. Weave CoRC into every aspect of your life. When you are deciding how to celebrate, what to eat, what to buy, who to hang out with, you have an opportunity to make a responsible choice. You'll notice I'm not trying to prevent you from enjoying life with your family and friends. I enjoy my life and you should too but I also try really hard to make good choices. My patient wife will confirm that I'm not perfect at life because I'm a work in progress like each one of you. Making good choices means thinking before you act. Sometimes you have time to think the decision through (buying a house or a car) and sometimes you have to react in the moment (do I fight this guy because we both drank too much). When time is available you can do research to help with the choice. When you have to react in a heated moment, you had better have a developed sense of what is right and wrong so your instincts help you make the responsible choice. This year make it your focus to make good choices and see how much better your life will be.

2008 is going to be great. We will have challenges, frustrations, and even some set backs but I know we will succeed. I know this because I know you. As a community, you are the very best our nation has to offer. As international partners, we have as strong a relationship as I have seen in more than 15 years and 5 assignments in Europe. We are lucky to be here together and together we can make all things possible.

535-4240

actionline@lajes.af.mil

The Commander's Line is your link to me for suggestions, kudos and as a way to work

problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option for praise or problems — but when that's not the answer, call or e-mail the Commander's Line at 535-4240 or actionline@lajes.af.mil.



Col. JL Briggs

Col. JL Briggs
Commander, 65th Air Base Wing



The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads.

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Soar to Sigonella for spaghetti, shopping and Sicilian sites

By Tech. Sgt. Christin Michaud
65th ABW Public Affairs

When the rotator changed for the new fiscal year, one of the changes included the destinations.

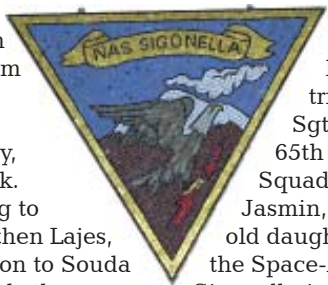
The Patriot Express mission that departs from Norfolk, Va. to Lajes, flies to Sigonella, Sicily, every other week. Before returning to Sigonella, and then Lajes, this flight goes on to Souda Bay, Greece, and other locations downrange. The benefit of this for Lajes personnel is the ability to take a short trip to Italy and experience some food, shopping and Sicilian sites.

The flight to Sigonella departs from Lajes Field on Wednesday mornings. It arrives in Sigonella in the afternoon with enough time to take in some Italian cuisine. It returns on Friday, allowing travelers an evening and one full day on a different island - one that measures 160 miles in length and between 30 miles and 110 miles in width.

Naval Air Station Sigonella is split between two bases: NAS I and NAS II. NAS I hosts many of the traditional support functions, while NAS II maintains the operational mission. They are within 7 miles of each

other - approximately a 15 minute drive.

The passenger terminal where travelers arrive is located on NAS II. Lodging is available at both NAS I and NAS II. On NAS II, billeting is less than a mile walk from the terminal.



"We were lucky on our trip," said Tech. Sgt. JP Malboeuf, 65th Contracting Squadron. He, his wife Jasmin, and then 2-year old daughter Brexey, took the Space-A flight to Sigonella in October. "Staying at NAS II is ideal for families," Sergeant Malboeuf explained. They were able to walk to the rental car company from the terminal. Additionally, when checking in at the terminal to be marked present for the return flight, he was able to check in while his wife and daughter stayed in the billeting room. They later joined him at the terminal - a short walk from lodging.

People who prefer to stay at NAS I can rent a car or use the shuttle which runs to and from NAS I and II. Schedules are posted at the bus stop.

Vicky Pierce said she hopped with her friends and stayed on NAS I for a trip with the girls.

Travelers will have plenty of options for eating.

Anyone suffering from Burger King withdrawals will find a BK right next to the terminal when they arrive. A Subway is also available on NAS II. For local flavor on base, there are pizzerias that offer pizza and Italian food along with traditional American items like hamburgers. An enlisted club/pub is located near the pizzeria on NAS II.

At NAS I, the food court



Sightseers can expect to see Roman architecture in Catania, a city close to NAS Sigonella. (Photos by Tech. Sgt. JP Malboeuf)

boasts a Subway, Kentucky Fried Chicken, Taco Bell, Shanghai Express and Oasis Pizza. The highlight though is the Applebee's across the street in Midtown.

There are several pizzerias and ristorante off base as well, for a taste of Sicilian cuisine. Based on recommendations from personnel at NAS Sigonella, the Malboeuf family dined at Paradise, a pizzeria and ristorante in Motta S. Anastasia.

For people who don't want to go too far, but still relax and have fun at NAS Sigonella, there is an impressive Morale, Welfare and Recreation complex called Midtown.

It is an all inclusive facility. For the summertime, there is a pool with slides similar to a water park with an interactive children's area. Midtown also includes a fitness center, racquetball courts, rock-climbing room, bowling center and movie theaters offering two movies with their multiple screen facility. A skate park is located nearby.

"Midtown was like a city center complex," said Sergeant Malboeuf, "they had everything."

For the avid shopper, one can spend several hours in the NEX at NAS I. "It looked like a department store," Sergeant Malboeuf ex-

plained. There was an extensive collection of purses including Coach and Prada brands. The NEX has a makeup counter with Estee Lauder and Clinique, a furniture section, a large selection of toys and much more in comparison to what is available here.

For travelers who wish to venture out and see the sights, Catania is the closest city to Sigonella and features Baroque architecture. There are two Roman amphitheaters. A train station is located in Catania for people who wish to explore or travel to other parts of Sicily.

Depending on what people are looking for, the short trip to Sigonella is a nice excursion and has a little something for everyone.



Brexey Malboeuf poses in front of an Italian car during a trip to NAS Sigonella.

Contact Info

Passenger Terminal
DSN 624-5576

spaceA@nassig.sicily.navy.mil

Europcar
624-5468

Billeting
624-6832

ITT
624-4777



Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
10 a.m. Thrift store open 11 a.m. Rotisserie Chicken \$6.95, Oceanview Island Grill 5:30 p.m. Prime Rib, TORC 7 p.m. Teen Night Out, LYP 7 p.m. Enchanted (PG) 7:30 p.m. Cosmic Bowling 8 p.m. R&B DJ, TORC 10 p.m. Beowulf (PG-13)	9 a.m. How to avoid marrying a Jerk or Jerkette, A&FRC 11:30 a.m. Hearts Apart event, A&FRC 2 p.m. Ladies 9-Ball Tournament, CAC 2 p.m. Jasmim Aromatherapy Class \$18, Arts & Crafts center 7 p.m. Enchanted 10 p.m. Beowulf	9 a.m. Evangelical Service 9 a.m. CCD 10:30 a.m. Mass 10:30 a.m. Sunday School Noon , Praise Service; Noon to 4 p.m. Library now open Sundays 2 p.m. Enchanted 7 p.m. Beowulf 7 p.m. The FUZZ, TORC	10 a.m. Thrift Store open 11 a.m. Chicken Tender special, \$5.25, Oceanview 11:30 a.m. Daily Mass Noon Protestant Men of the Chapel Fellowship Meeting, TORC Noon Key Spouse Meeting 2 p.m. Smooth Move Seminar, A&FRC	6:30 a.m. Oceanview serves breakfast 10 a.m. EDIS Playgroup, LYP 10 a.m. Basic Investments, A&FRC 11:30 a.m. Daily Mass 3 p.m. Home Buying Seminar, A&FRC 5:30 p.m. Mongolian BBQ, TORC 6 p.m. AWANA, chapel	8 a.m. Transition Assistance Seminar (Day 1), A&FRC 8:30 a.m. Coffee and Donuts, TORC 1 p.m. New Beginnings, new location, A&FRC 5 p.m. Family Night Bowling Rent-A-Lane \$7.50/hr lane \$1 shoe rental 6 p.m. BINGO sales begin, TORC	8 a.m. Transition Assistance Seminar (Day 2) 9 a.m. Kennel Blow out sale 9:30 a.m. MOPS, chapel 11:30 a.m. Daily Mass 6 p.m. , 1,2,3 ... Magic parenting workshop, A&FRC 6:30 p.m. , OSC PJ party, TORC 7 p.m. Beowulf 9 p.m. Karaoke, TORC

Movies 535-3302

Jan. 18 - 7 p.m. August Rush (PG); 10 p.m. Hitman (R)
 For a synopsis or up-to-date information, visit <http://www.aafes.com/ems/euro/lajes.htm>

Dining Facility 535-2256

Martin Luther King Day Dining Facility Meal: 11 a.m. to 1:30 p.m. Jan. 21 - Special meal featuring entrées such as: Southern fried chicken, baked ham, BBQ ribs and baked fish.

A&FRC 535-4138

Career Goal Setting: 10 a.m. to 11:30 a.m. Jan. 23 at the A&FRC.
Parenting Skills: 6:30 to 8 p.m. Jan. 23 at the A&FRC.
Beginning Excel: 2 to 3:30 p.m. Jan. 24 at the A&FRC.
Living Within Your Means: 1 to 4 p.m. Jan. 24 at the A&FRC.
Sponsorship Training: 10 to 11 a.m. Jan. 25 at the A&FRC.
Smooth Move Seminar: 2 to 4 p.m. Jan. 28 at the A&FRC.
Bundles for Babies: 1 to 5 p.m. Jan. 29 at the A&FRC.
New Beginnings: 9 to 10:30 a.m. Jan. 30 at the A&FRC.

NAF Jobs 535-5200/6582

Community Activity Center: Recreation Aid
Child Development Center: Program Assistant

Volunteer Opportunities

Thrift Store: The Thrift Store is looking for volunteers. Call 535-4146.

Arts & Crafts 535-3909

Beginning Sewing: Make a Pillow Feb. 2. \$24
Cake Decorating Class: 5:30 to 7:30 p.m. Jan. 23-24. \$25

Outdoor Rec 535-3302

Quinta do Martelo: Cultural and Culinary Adventure, 11 a.m. to 3 p.m. \$48. Includes tour and lunch.
Hiking Trips: Pico Negro, 10 a.m. Jan. 19. \$10; Baia da Mina, 10 a.m. Feb. 2
4X4 Photo Tour: 4-hour tour - 9 a.m. Jan. 26. \$35/adults, \$20/children; 8-hour tour, 9 a.m. Feb. 2. \$55/adults, \$30/children. Price includes CD with pictures of tour
In-Shore Fishing: 8 a.m. Jan. 21, \$58
Dolphin Watching: 9 a.m. Jan. 20, \$48
Paintball: 9 a.m. Jan. 26, \$20
Horseback Riding Lessons: 10 a.m. to 1 p.m. Saturdays, 3:30 to 7:30 p.m. Wednesdays. One hour per day - 8 sessions \$90.
Dog Obedience Classes: 2:30 p.m. Sundays or 6 p.m. Thursdays. \$30 for six sessions.

Library 535-3688

New Hours: 10 a.m. to 6 p.m. Monday to Friday. Noon to 4 p.m. Saturday and Sunday and 2 to 6 p.m. American Holidays. Closed Portuguese Holidays.

Charity Golf Tournament

Golf Tournament: On Monday, Jan. 21, there will be a Golf Tournament held to benefit the Stout family. For those who may not know, the Stout's 2-year-old son was recently diagnosed with leukemia, and the family is currently in the United

States fighting it together. The tournament will be a 4-person scramble and will shotgun start at 11 a.m. at the Terceira Island Golf Club. The entry fee is 10 euros (in addition to a player's green fees, which for non-members can be purchased at Outdoor Rec for \$16 or the golf course for 30 euros).

In conjunction with the scramble, there will be a golf "marathon," where one Team Lajes member will play as many holes as possible during the daylight as a parallel fundraiser for the Stouts. Members interested in making donations for the Stout family, either in addition to or in lieu of playing in the tournament, are invited to do so in the form of pledges (per hole played) or lump sum amounts. Contact Capt. Bill Sullivan, with scramble teams and/or if interested in making a donation -- 100 percent of donations will go directly to the Stout family. Deadline for tournament registration is noon Thursday. Anyone interested in volunteering to help with the tournament preparations or on the actual day of the event, can contact Capt. Sullivan at 535-6237.

Classified Ads

E-mail classified ads to news@lajes.af.mil by 5 p.m. the Thursday prior to the week you need it published. Notify the Crossroads when items have been sold. Lajes personnel may also post ads at Lajesads.com. This site is not affiliated with the Crossroads.

Wanted: Looking for babycrib, if you have one for sale call george at 919807736 or Email: gaspar.jorge@hotmail.com

Books for Sale: "The Everlasting Angel and the Mountains of Fire" is a Christian historical fiction novel geared towards junior high/high school youth but is enjoyed by "kids" of all ages! Filled with adventure, romance, drama, humor, and huge doses of hope, there is something in it for everyone! This book is co-authored by Dr. Peter Kuroski and Elizabeth Schepeler. It sells for \$15. For more information or to purchase your own copy, contact Elizabeth at 96-312-2492 or ers_slip@yahoo.com

Daycare: Childcare openings for all your childcare needs. Open for evenings and weekends throughout the year. Call Christina James at 295-549-623 for more information or to book a spot.